

**CLAIMS**

1. Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
  - 5        - filling a metal cup,
  - closing the metal cup with a lid making a gas tight heat treatable can,
  - heat treating the can,

wherein measures are taken to achieve an under-pressure in the can after closing the cup **characterised in that the can is of a flexible type.**
- 10      2. Method according to claim 1 wherein the can is closed with a lid of the easy pull off seal on type adhered by a sealant to the metal cup.
- 15      3. Method according to claim 1 or 2 wherein a can is chosen that has a flexibility of more than or equal to 25.
- 20      4. Method according to any of the claims 1-3 wherein a can is chosen that has a flexibility of more than or equal to 35.
- 25      5. Method according to any of the claims 1-4 wherein a can is chosen that is of a flexible type capable of surviving a volume reduction of more than 7.5%, preferably more than 10% or even 15% without collapsing.
- 30      6. Method according to any of the claims 1-5 wherein a cup is chosen that comprises an essentially flat wall panel.
7. Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
  - 35        - filling a metal cup,
  - closing the metal cup with a lid making a gas tight heat treatable can,
  - heat treating the can,

wherein measures are taken to achieve an under-pressure in the can after closing the cup **characterised in that the can is of a rigid type and that the can comprises a lid of the easy pull off type adhered to the metal cup.**